



# Gragh.



Chaz  
 [cvillette](#)

<https://cvillette.livejournal.com/>  
2008-01-27 09:24:00

MOOD: 😔 anxious, apparently

I had one of those anxiety dreams last night where your teeth are loose and you look in the mirror and discover that they are falling out. Then I dreamed I pushed the offending tooth back into place and there was a great big grating squoosh and pus oozed out around it.

It didn't hurt until I pushed it back in.

I was really happy to wake up.

Ugh, ugh, ugh, ugh, ugh.

Losing your teeth has to be one of the way down deep primal programmed fears. You *need* those.

I think I'm going to go take a hot shower.

And floss.

Maybe twice.



---

## [locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

## Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

## Puppets.

Puppets. Puppet puppets. Scary.

29 comments



[inaurolillium](#)

[January 27 2008, 15:26:06 UTC](#)

[COLLAPSE](#)

I hate that dream.



 [cvillette](#)

[January 27 2008, 15:29:09 UTC](#) [COLLAPSE](#)

Everybody has it, don't they? And it's just *ick*.



 [trollcatz](#)

[January 27 2008, 17:05:49 UTC](#) [COLLAPSE](#)

I don't have that one. My recurring one is that I've set something down that someone needs desperately and right away, and I can't find the thing. I look everywhere, and the more I look, the more the place I'm looking in becomes somewhere I don't recognize, and it gets harder and harder to figure out where to look, and where I've already looked, and meanwhile whoever it is has *got* to have this thing, ideally five minutes ago...

I wake up stiff, sweating, and grinding my teeth from that one.



 [trollcatz](#)

[January 27 2008, 17:07:09 UTC](#) [COLLAPSE](#)

(Forgot to mention: sometimes the thing I've misplaced is a cooler with an organ in it. Or someone's eyeballs.)



 [cvillette](#)

[January 27 2008, 17:16:10 UTC](#) [COLLAPSE](#)

That's a nasty one.

I also get the "We found out you never graduated high school and you're going to have to go back and finish" one.

Which is close enough to the truth that I wake up in a cold sweat, trying to burrow under the pillows.

But my absolute worst anxiety dream, new since Quantico, is the one where I'm trying to get to a bad guy, and when I get there it turns into a blue suicide thing, but after I shoot him, it turns out that the person I shot is the victim. Or myself. Or one of you.



 [Ometotchtli](#)

[January 27 2008, 17:22:02 UTC](#) [COLLAPSE](#)

Oh, that one! Yeah, that one never gets old. =8+P



 [cvillette](#)

[January 27 2008, 17:24:39 UTC](#) [COLLAPSE](#)

It was totally old *the very first time*. Already.

=8>

 [glinda\\_w](#)[January 27 2008, 20:05:52 UTC](#)[COLLAPSE](#)

I also get the "We found out you never graduated high school and you're going to have to go back and finish" one.

You too? I also, very occasionally, get the variant on that where my grades are marginal, and it's doubtful whether or not I'll graduate. (Me = 12th in a class of 365, and that's because I chose to practice the organ and piano 3 hours a day rather than studying anything except math.)

Since the PTSD, though, mine are almost all the "I'm responsible for saving people and it's not possible" sort. Wish the Prazosin (sp?) had actually worked for that.

Mind function is such a weird thing.

 [cvillette](#)[January 27 2008, 20:08:45 UTC](#)[COLLAPSE](#)

Mind function is a very weird thing.

I'm sorry you have those dreams.

 [glinda\\_w](#)[January 27 2008, 20:24:17 UTC](#)[COLLAPSE](#)

Thank you. (The PTSD is less severe now that I'm not living across the street from one of Seattle's Permanent Floating Crack Dealers<sup>1</sup> and across the alley from the shelter where I spent a year, and, unless I'm \*very\* tired or stressed, the panic attacks have stopped. My doc and I hope that another year or three of living in a peaceful neighborhood may do it for the nightmares, or at least the frequency thereof. Being the introspective sort, I keep wondering and wishing I knew how much is chemical and how much due to experience/environment. I know the "depression" part is both; fixing the depression-causing situations doesn't make it go away, nor does finding the right antidepressant; it's taken both.)

--g, babbling again

<sup>1</sup> two points for the reference :)

 [cvillette](#)[January 27 2008, 20:32:16 UTC](#)[COLLAPSE](#)

John D. MacDonald?

Post-traumatic stress is *really* complicated, and from my perspective--which is complicated by a lot of things--we don't know very much about it. Some of it seems to actually be adaptive: in the wild, as it were, a post-traumatic reaction programs you to avoid situations like that in the future.

However, in modern society, we wind up in situations all the time that may be similar to the ones we were injured under. So it becomes maladaptive.

That's just my armchair quarterbacking, though, and worth what you paid for it.

L  [glinda\\_w](#)  
[January 27 2008, 20:44:10 UTC](#) [COLLAPSE](#)

Guys and Dolls. :)

And that's my take on it, too, maladaptive coping technique, and one has become hypersensitized to whatever triggered it, so the triggers fire more often, and hey, presto! look at the wonderful descending spiral! Also, I think (and worth the same 'what you paid for it') that the... situational? experiential? part creates chemical changes, which may or may not change back with removal of triggering situations, and/or help from a competent therapist.

L  [cvillette](#)  
[January 27 2008, 20:45:23 UTC](#) [COLLAPSE](#)

I think so too. Experience can cause physical change in the brain, and does.

L  [eljefe](#)  
[January 28 2008, 02:15:12 UTC](#) [COLLAPSE](#)

*Since the PTSD, though, mine are almost all the "I'm responsible for saving people and it's not possible" sort.*

Hmmm, mine are close to that. I've come out of the bed a couple of times from those. Or the "Oh shit, they are already in the house" ones. Gah.

L  [tarliman](#)  
[January 27 2008, 18:25:31 UTC](#) [COLLAPSE](#)

I get something like that, but it doesn't include looking for something. It starts out with someplace familiar, like a school or a shopping mall, and I start walking, and it starts to look less familiar. I figure, well, it's curving around, it has to come back to where I started, and it's a long way back and probably shorter to keep going, except it gets less familiar, and it just keeps going. Topology fails. And the shops get fewer, and then it's under construction, and I never do get back to where I started - this is the point where I wake up going "where is everybody???"

L  [colomon](#)  
[January 27 2008, 18:21:52 UTC](#) [COLLAPSE](#)

"Losing your teeth has to be one of the way down deep primal programmed fears." And yet, interestingly enough, it's something that we've all done.

I remember when I swallowed one of my baby teeth, and my dad had to take me before a judge to get an affidavit to put under my pillow for the tooth fairy.



[cvillette](#)

January 27 2008, 18:23:41 UTC

[COLLAPSE](#)

I think having done it is why we have that programmed memory, and so many people have the losing-teeth nightmare.

Because that moment when you poke the tooth with your tongue and it breaks loose is ceeeeeeeepy.

[eljefe](#)

January 28 2008, 02:17:18 UTC

[COLLAPSE](#)

Am I the only one that hasn't had that dream? And did I just jinx myself into having it tonight? Doh!



[trollcatz](#)

January 28 2008, 04:15:57 UTC

[COLLAPSE](#)

Well, if you jinxed you, then I jinxed me, because I copped to not having it, either. (Unless you weren't talking about the teeth dream...) I guess we'll both have to report back tomorrow morning, eh?

On the other hand, right now is kind of skewed circumstances for the test.

[eljefe](#)

January 28 2008, 19:17:39 UTC

[COLLAPSE](#)

No teeth dream last night, but had the twitch paranoid sleep instead. I'll take pus filled gums anytime.

\*laughs\*

[rosamund](#)

January 28 2008, 12:28:57 UTC

[COLLAPSE](#)

Apparently I don't have anxiety dreams which, for someone diagnosed with GAD, is pretty strange.

Unless the one I had the other night about the level crossing where the train came along the road past me instead of the rails and I could feel the airflow pushing me back into the wall counts.

I'm not so sure.



[cvillette](#)

January 28 2008, 12:34:13 UTC

[COLLAPSE](#)

That sounds more like a garden-variety bad dream to me. YMMV.

[rosamund](#)

January 28 2008, 12:45:26 UTC

[COLLAPSE](#)

Strange thing is, it wasn't bad.

The only bad bit was the car with caravan attached that smashed through the barrier before that train and only just avoided being hit by the train going along the rails.

After that, the train came along the road but it wasn't unusual. It felt right that that should happen.

What can I say? I have strange dreams.

Bad dream would be the one where I relived the sensation of coming out of anaesthetic in great pain and being unable to make a sound or move.



[cvillette](#)

January 28 2008, 12:46:41 UTC

[COLLAPSE](#)

Ah. That second one?

*That's an anxiety dream.*

(also ow.)



[rosamund](#)

February 1 2008, 19:37:56 UTC

[COLLAPSE](#)

Eh, at least I only had that one once.

And I preferred it to the nightmare about a spider falling in my mouth.

[what dreams may come...](#)



[dancing\\_crow](#)

January 29 2008, 12:42:57 UTC

[COLLAPSE](#)

i don't think i've had a teeth dream, but no one mentioned "naked in nyc" which is one of my recurring ones. or being chased and the bad guys won't stop til i take a stand and fight them.... i only wake up from those when i BITE the attacker - i wake with a jolt as my teeth click together



[Re: what dreams may come...](#)



[cvillette](#)

January 29 2008, 13:13:37 UTC

[COLLAPSE](#)

You actually have the "I forgot my pants" dream?

I thought that one was apocryphal!

...isn't it cold?

[Re: what dreams may come...](#)



[dancing\\_crow](#)

[January 30 2008, 01:46:44 UTC](#) [COLLAPSE](#)

huh - i get them all the time. it is interesting - it isn't the cold that persists, it is the knowledge that there is no hiding. i can finish the dream by squaring my shoulders and marching down the sidewalk, apparently i am required to go forth, but there will be an end to it. ultimately i take it as a message to persist and be brave.

what is your theory of dreams? garbage collection? messages from the subconscious? reinforcing learning? notes from the future? i'm always riveted by what people think is going on in there...



[Re: what dreams may come...](#)

[cvillette](#)

[January 30 2008, 01:48:00 UTC](#) [COLLAPSE](#)

Random firing of neurons excited during the day? Fixing short term memory?

---

[\[locked\] Dream Journal](#)

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

[Elvis doesn't live here anymore.](#)

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

[Puppets.](#)

[Puppets. Puppet puppets. Scary.](#)